

Set 1 CAFETERIA

September 5 - 11, 2021

NORTH MISSISSIPPI REGIONAL CENTER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	1/2 c. Cranberry Juice 1 bx. Rice Krispies 1 Donut 1/4 c. Scrambled Egg 1 c. Milk Water	1/2 c. Orange Juice 1 bx. Cheerios 1/4 c. Scrambled Egg 1 Biscuit/Jelly 1 c. Milk Water	1/2 c. Apple Juice 1/2 c. Grits 2 Pancakes with Syrup 1 Sausage Patty 1 c. Milk Water	1/2 c. Orange Juice 1 bx. Fruit Whirls 1/4 c. Scrambled Egg 1 Biscuit/Jelly 1 c. Milk Water	1/2 Banana 1 bx. Corn Flakes 1/4 c. Scrambled Egg 3 French Toast Sticks w Syrup 1 c. Milk Water	1/2 c. Pineapple Juice 1 bx. Bran Flakes 1/4 c. Scrambled Egg 1 Biscuit/Jelly 1 c. Milk Water	1/2 c. Grape Juice 1 bx. Frosted Flakes 1/4 c. Scrambled Egg 1 PopTart 1 c. Milk Water
L U N C H	3 oz. Salisbury Steak 1/2 c. Mashed Potatoes 1/2 c. Carrots 1 Brown & Serve Roll 1/2 c. Tropical Fruit Salad Beverage	<b>Cafeteria is closed for the holiday. Call ext. 37806 by 9:30 am if you'd like to purchase a box lunch</b>	Grilled Chicken Salad Bar Salad Toppings Brownie Bar Beverage Second option: Choice of 2 of the following: Small salad or sandwich baked potato or soup  <b>Homemade Tomato Soup</b>	Fried or Lemon Pepper Baked Catfish Baked Potato Marinated Tomato, Onion, and Cucumber Salad Coleslaw Hush Puppies Soft Serve Vanilla Yogurt Beverage  <b>No Soup</b>	Pub Burger Tater Tots Coleslaw Assorted Desserts Beverage  <b>Chicken Chili</b>	Pork Chop with Mushroom Gravy or Vegetable Plate: Blackeyed Peas, Fried Okra, Turnip Greens, Sweet Potato Cornbread Muffin Choice of Ice Cream Cup or Ice Cream Sandwich Beverage	Chicken Tenders 1/2 c. Mashed Potatoes 1/2 c. Sliced Carrots 1/2 c. Applesauce 1 Roll Water/ Milk Ketchup
S U P P E R	3 oz. Ham Slices 2 sl. W.W. Bread Chips 1/2 c. Coleslaw 1/2 c. Crushed Pineapple Beverage	3 oz. Beef Patty with 2 Tbsp. Salsa 1/2 c. Tater Tots w/ Ketchup 1/2 c. California Vegetables 1 Brown & Serve Roll 1/2 c. Apple Slices Beverage	3 1-oz. sl. Ham 1 Yam Patty 1/2 c. Spinach 1-2 sq. Cornbread 1/2 c. Sliced Peaches Beverage	3 oz. Grilled Chicken with Chicken Gravy 1/2 c. Cheesy Mashed Potatoes 1/2 c. Zucchini/Tomatoes 1 Roll 1/2 c. Apricots Beverage	1 sv. Sliced Turkey with Gravy 1/2 c. Mashed Potatoes 1/2 c. Broccoli 1 Brown & Serve Roll 1/2 c. Mandarin Oranges Beverage	1 c. Ground Beef w/Noodles 1/2 c. Oriental Vegetables 1 Roll 1/2 c. Pears Beverage	3 1-oz. sl. Roast Beef 1/2 c. Creamed Corn 1/2 c. Cauliflower 1 Cornbread Muffin 1/2 c. Crushed Pineapple Beverage

\*\*\*THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

If you are bringing a guest to lunch, please notify the Nutrition Services Department  
by 9:00 a.m. so that additional preparation may be made.

APPROVED DATE: 08/24/21

BY:  
Meriwether Shelton, RDN, LD,  
Director of Nutrition Services